



September
2014



Calhoun County Connections



2014 Cereal City Corporate Cup September 9-13, 2014

In September, for one special and fun weekend, the Battle Creek area will go all out to show its growing commitment to good health and fitness. Created in 1987, the Cereal City Corporate Cup is organized by the Battle Creek Family YMCA and sponsored by area corporations and businesses. As part of the Activate America Program the Corporate Cup is a demonstration of community health, fitness and spirit. It's a great opportunity for working men and women to discover the benefits of feeling and looking their best. Designated training activities and a training membership helps individuals get in shape for this year's event. Last year's Corporate Cup provided fun and excitement for over 4,000 participants on 46 different teams. 90% of the companies that participated last year reported benefits to their company. This event continues to be an annual summer/fall highlight in our area.

SPECIAL POINTS OF INTEREST

- * 2014 Corporate Cup
- * National Preparedness Month
- * Health Department:
Born to sleep safe
- * Medical Insurance after Retirement
- * September Happenings
- * Household Hazardous Waste Collection
- * Healthy & Healing Recipe
- * September Milestones & New Hires

Schedule of Events

Tuesday, September 9

Lawson Printers Mixed Doubles Tennis

5:30 pm - 10:00 pm • YMCA

Getaway Sports Disc Golf

5:30 pm - 9:00 pm • Irving Park

Wednesday, September 10

Lawson Printers Mixed Doubles Tennis

5:30 pm - 10:00 pm • YMCA

Getaway Sports Disc Golf

5:30 pm - 9:00 pm • Irving Park

Thursday, September 11

Binder Park 3 Person Golf Scramble

5:30 pm - Dusk • Binder Park Golf Course

Post 2 Ball Basketball Shoot Out

5:30 pm - 7:30 pm • Y Multi Sports Complex

FireKeepers Casino Hotel Banner Contest

6:00 pm - 7:00 pm • Y Multi Sports Complex

Swimming

7:15 pm - 7:45 pm • YMCA Pool

Friday, September 12

Binder Park 3 Person Golf Scramble

5:30 pm - Dusk • Binder Park Golf Course

Indusco Coed Volleyball

5:30 pm - 10:15 pm • Y Multi Sports Complex

Progressive Printing and Graphics 1-Mile Run

6:00 pm - 6:20 pm • Bailey Park/Linear Path

Christman Screenprint 1-Mile Time Predict Walk

6:30 pm - 7:00 pm • Bailey Park/Linear Path

Saturday, September 13

Binder Park 3 Person Golf Scramble

8:30 am - 12 noon • Binder Park Golf Course

Indusco Coed Volleyball

8:30 am - 1:00 pm • Y Multi Sports Complex

Team Active Time Predict 10-Mile Bike

8:30 am - 10:00 am • Bailey Park/Streets

Bronson Battle Creek 5K Run

10:30 am - 11:15 am • Bailey Park/Linear Path

Gallagher Uniform 5K Time Predict Walk

11:15 am - 12:15 pm • Bailey Park/Linear Path

Eaton Tug of War

12:30 pm - 1:30 pm • Bailey Park/Linear Path

Monday, September 14

Recognition Inc. Awards

12 noon • Binder Park Golf Course

September is National Preparedness Month

This September marks the eighth annual [National Preparedness Month](#) (NPM), a nationwide effort to encourage Americans to take the necessary steps towards emergency preparedness.

1. Find Out What Could Happen

- Meet with household members and discuss the dangers of possible emergency events, including fire, severe weather, and terrorism.
- Learn if your community has a warning signal: what it sounds like and what you should do when you hear it.
- Find out how to help elderly or disabled persons, if needed.
- Ask about animal care after a disaster. Animals may not be allowed inside emergency shelters due to health regulations.
- Find out about the disaster plans in your workplace, your children's school or daycare center, and other places where your family spends time.

2. Create an Emergency Plan

Family Preparedness

- All family members must know their address and phone number.
- Teach children how and when to call 9-1-1 for emergency help.
- Teach each family member how to use a fire extinguisher (ABC type) and show them where it is kept.
- Show each family member how and when to turn off the water, gas, and electricity at the main switches.
- Plan how to take care of your pets.

Home Safety

- Find safe spots in your home where you can go for each type of emergency.
- Discuss what to do in an evacuation.
- Plan two unobstructed exits from every room, including the second floor and make sure everyone knows them.
- Teach children how to safely exit a window, including using an object to break glass and putting a blanket over the frame to be protected from shards of glass.

- Pick two places to meet when evacuating, such as:

- Outside of your home in case of a sudden emergency, like a fire.
- Outside of your neighborhood in case you cannot return home.

Emergency Contacts

- Choose an out-of-town or out-of-state contact your family or household members will call or e-mail to check on each other during an emergency. Ensure everyone knows how to reach the contact person.
- Post emergency telephone numbers by each phone, including numbers for fire, police, ambulance, etc.

Important Documents

- Make a list of personal property and photograph the interior and exterior of your home.
- Store important papers and valuables in a fire proof safe or cabinet.
- Maintain proper insurance and coverage of your home and its contents (flood, renters, fire, and earthquake).

Safety Measures

- Install smoke detectors on each level of your home, especially near bedrooms.
- Install battery-operated or plug-in (with battery backup) carbon monoxide (CO) detectors in your home, following manufacturer's instructions.
- Install window ladders in case you need to evacuate. Make sure all household members know where they are and how to use them.

3. Get a Kit

An emergency may require you to immediately evacuate, take shelter, or go without basic services for an extended period of time. Should an emergency occur, you will need a supply of essential items to last you at least three days. These items should be included in a readily accessible 72-hour emergency supply kit, stored in a 5-gallon bucket, duffel bag, or backpack. For items to include in your kit, refer to **"Prepare a 72-Hour Emergency Supply Kit"** included with this guide.



4. Practice and Maintain Your Plan

- Quiz your children every six months so they remember what to do.
- Conduct regular fire and emergency evacuation drills.
- Take a first aid and CPR class.
- Replace stored water and food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Test your smoke detectors monthly and change the batteries twice each year when you change your clocks in the spring and fall.

For more information, please contact:

Durk L. Dunham - Director
Calhoun County Sheriff's Office
Emergency Management Division
ddunham@calhouncountymi.gov



Health Issue 2014

Calhoun County Public Health Department



Bare is Best!

Did you know that many babies die before their first birthday due to suffocation or asphyxiation? Did you know that these deaths are preventable? Do you know what you can do to help prevent these types of deaths? What is the community doing to prevent such deaths? Have you or anyone you know let your baby sleep in bed with you? Do you know how dangerous this can be?



In Calhoun County alone, 18.4% of infant deaths over the past five years (2009-2013) were due to suffocation or asphyxiation. These numbers are staggering when you consider such deaths are preventable.

The Calhoun County Public Health Department (CCPHD), in partnership with the Infant Safe Sleep Coalition (ISSC) of Calhoun County is committed to educating all parents, caregivers, and residents about safe sleep practices. The ISSC has developed an outreach plan to educate OB/GYN, family practice, and pediatric physicians/providers, as well as parents, grandparents, caregivers, and child care providers to teach and model safe sleep practices. When parents and other caregivers implement safe sleep practices, more babies can grow up to be healthy citizens.

It was once thought that babies should sleep on their stomachs with items such as bumper pads and blankets in their beds. However, research shows bare is best....the safest sleep is always by placing a baby on their back when sleeping and the crib/Pack-n-Play should have a firm surface with a tight-fitting sheet. The crib/Pack-n-Play should NOT have loose bedding, sleep positioning devices, blankets, toys, or bumper pads. It is recommended that babies should sleep in the same room as the parents/caregivers, but not in the same bed. Babies can be offered a pacifier at nap and bed time.

It is also recommended that a baby's head should not be covered and the baby should not be dressed too warmly when placing in bed. Babies should be dressed in clothing layers similar to what you as the parent/caregiver are wearing.

Many thought if a baby slept on his/her back they would choke. Research shows that healthy babies automatically swallow or cough up fluids. There has not been an increase in babies choking who sleep on their back. In fact, they are less likely to choke since the trachea is above the esophagus.

Tummy time is important for growth and development of babies. Babies need tummy time when they are awake; however, tummy time must be supervised. If the baby does fall asleep on his/her tummy, place him/her alone on their back in their crib/Pack-n-Play.

You can help spread the message. Be sure to tell all new parents, caregivers, grandparents, babysitters, and everyone else you know to always lay their baby on their back in a crib/Pack-n-Play to sleep.

On occasion, we hear about a baby who is not sleeping in a safe place because of limited financial resources. To meet this need for Calhoun County families, we have a Pack-N-Play distribution program. If you or someone you know cannot afford to purchase a crib or Pack-N-Play, please refer them to 211, who will connect them with a representative from the program. If you or someone you know is interested in donating to the Pack-n-Play distribution fund, contact Kristin Roux, CCPHD Health Education Manager at (269) 969-6393.

For more information on safe sleep, visit www.borntobehealthy.org/borntosleepsafe.htm, www.tomorrowschild.org, or call the Calhoun County Public Health Department at (269) 969-6482.



Thinking about Medical Insurance after Retirement

We've seen a number of County employees that were able to take early retirement this past year. There are a number of anxiety items that get triggered in planning for that big step, e.g., how and what kind of health benefits will be available from the County; will they be affordable; am I eligible for Medicare, is it a viable option; and where can I go to get some more answers?



Unless one has a large number of years working for the County, carrying County insurance as a retiree can be quite expensive. And if one retires early without other employment that offers health benefits, medical expenses can get pretty costly. Many individuals, who are otherwise eligible for Medicare at age 65, are hesitant to even think about Medicare as an option. At the same time they can't afford what the County makes available, particularly since buy-in is based on years of service. The County does not continue to subsidize the employer portion of the insurance, other than allowing a reduced premium based on a percentage reduction for each year credited toward retirement.

For individuals who retire and are also eligible for Medicare, staff from this Office would be happy to sit down with you and discuss some of your options. In many cases you can save money by buying into Medicare for Part B (physician services), adding a supplemental (Medigap) option to cover co-pays and deductibles, and picking up a Part D Prescription Drug plan or an Advantage plan option. Often the coverage is more comprehensive and less expensive.

October 15 through December 7th is one of the busiest times of the year for this office. That is the annual Medicare enrollment period when County citizens schedule time to meet with Rodna or Lora to review their current plans, to make sure they have the best and most affordable plans for their needs.

Give us a call at 781-0846 anytime to find out what other options you might have along with or in place of County medical insurance when you retire. We can refer you to individuals who assist with enrollment in Health Exchanges in those gap years before Medicare eligibility at age 65.

Office of Senior Services,
Carl A. Gibson, Manager



September Happenings

"Marshall 2014 Historic Home Tour"

September 06, 9:00 AM to 5:00 PM

September 07, 10:00 AM to 5:00 PM

Tickets are \$17 in advance (through September 1st) or \$20 after Sept. 1st. For more information or to register for this event, click on the link below.

[Home Tour](#)



DIG 'EM DASH 2014

September 27, 9:30 AM

The Dig 'Em Dash is a 5k race that takes place in the heart of downtown Battle Creek at the Kellogg World Headquarters. The run/walk event aims to provide the Battle Creek area and surrounding communities with a fun health and wellness activity. The looping course highlights the city of Battle Creek and its rich history while accommodating the needs of all runners and walkers. For more information or to register for this event, visit

<http://www.cerealcitystampede.com/dash.html>

2014 Miles for Memories Events

September 06, 9:00 AM

Employee Health Fair

Wednesday, September 24th

11:00 am ~ 2:00 pm



BC Fire Station #1 ~ East of Justice Center ~ Across street from Toeller Building

The County will be collaborating with the City of Battle Creek this year to host another joint Health Fair. Join us for health screenings, door prizes & health information.



Registration Dates:

September 5, 5-8pm &
September 6, 7-9am

Registration Location:

McCamly Plaza Hotel,
50 Capital Ave SW,
Battle Creek, MI 49017

MISSION

To change the face of Alzheimer's Disease in Calhoun County through movement, programming and research.

For more information or to register for this event, visit

<http://scenepub.com/milesformemories/index.html>

CALHOUN COUNTY HOUSEHOLD HAZARDOUS WASTE COLLECTION CENTER

Saturday, September 20, from 10 - 12 noon
George W. Toeller Building, 190 E. Michigan Avenue
Back parking lot

ITEMS THAT CAN BE ACCEPTED (EXAMPLES)

Acids
Aerosol cans
Anti-freeze
Batteries (flashlight, button, tool, computer)
Brake fluid
CFL bulbs (compact fluorescent light) NOT BROKEN
Cleaners
Fluorescent light bulbs
Herbicides
Mercury
Old gasoline, kerosene, fuel oil (must be in approved container)
Old prescriptions
Other misc. products
Pesticides
Pool chemicals
Solvents
Stain and oil base paint (Latex paint NOT accepted)



ITEMS THAT WILL NOT BE ACCEPTED

Latex paint *Latex paint is considered non-hazardous waste. Your waste hauler will take it with your trash pick-up provided it is in a solid form with the lid of the can removed. Mix kitty litter or sand in the paint and leave it in the sun to dry. Once the paint is solid leave the lid off so waste hauler can verify there is no liquid.*

Explosives
Motor oil
Biomedical waste
Radioactive material
Driveway sealer
Car batteries
School chemicals (e.g. from chemistry lab)

Remember, you can always drop your paper products:

Newspaper: Including color comics and glossy inserts. If possible, bundle newspapers in paper grocery bags.

Corrugated Cardboard: Flatten boxes and remove tape and plastic.

Boxboard & Lightweight Cardboard: Used in cereal, cracker and cookie boxes. Flatten boxes.

Other items: Brown Grocery Bags, Magazines, Catalogs, Telephone Books, Office & Computer Paper.

13300 15 Mile Road
Marshall, Michigan
24 Hours, 7 days per week

For more information, please visit Calhoun County Recycling at

<http://calhouncountyrecycling.com/>

September Milestones

25 YEARS & Over

Sherry Taylor ~ 34 yrs
District Court

James McDonagh ~ 32 yrs
Sheriff's Department

Leslie Obrig ~ 30 yrs
Admin. Services

Karen Fulcher ~ 29 yrs
Health Department

Jenny Potter ~ 28 yrs
Prosecutor's Office

Kimberly Morris ~ 25 yrs
Health Department

Judy Dooley ~ 25 yrs
Prosecutor's Office

Dianne Niecko ~ 25 yrs
Health Department

20 YEARS

Carol Remus
Circuit Court

15 YEARS

Thomas Lewis

Peggy Wright

Stephanie Jones

Greg Goedge

Sheriff's Department

Jeanine Wright

CCDA

5 YEARS

Charles Walsh

Bradford Slusher

Circuit Court

Joseph Orr

Juvenile Home

Healthy & Healing Recipe

Spice of the Month: Clove



The abundant health benefits of cloves have been well known for centuries. Cloves have antiseptic and germicidal properties that help fight infections, relieve digestive problems and arthritis pain.

Have a toothache? Put a couple of whole cloves in your mouth. Let them soften a bit, then bite on them gently with good molars to release their oil. Then move them next to the painful tooth and keep them there for up to half an hour. Clove oil has a numbing effect in addition to bacteria-fighting powers.

Many diseases are caused by free radicals and oxidative damage. Antioxidants defend against oxidative damage and plants are often among the best sources of antioxidants. Along with sage and oregano, cloves contain highly beneficial, health-promoting antioxidants.

Garden Fresh Tomato Soup

Ingredients

- 4 cups chopped fresh tomatoes
- 1 slice onion
- 4 whole cloves
- 2 cups chicken broth
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 2 teaspoons white sugar, or to taste



Directions:

In a stockpot, over medium heat, combine the tomatoes, onion, cloves and chicken broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and run the mixture through a food mill into a large bowl, or pan. Discard any stuff left over in the food mill.

In the now empty stockpot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt, and adjust to

September New Hires

Prosecutor's Office

Darice Foster

Treasurer's Office

Angela Hartung

Jennifer Wilson

Elizabeth Haadsma

Maintenance

Christopher Aldrich

Health Department

Vanessa Jeffers

Jennifer Zemke

Office of Sheriff

Martin Brown

Matthew Bache

WELCOME